

Lolo School District

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Recipe Sizing Report

Jun 15, 2012

000175 - Autumn Bars :

HACCP Process: #2 Same Day Service

Number of Portions: 50

Size of Portions: 1 each

Step 1

901291 MARGARINE,MARGARINE-LIKE VEG OIL SPRD,67.....	4.315476 ozs
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW.....	13.33333 ozs
050472 BEANS, PINTO, CANNED, SOLIDS AND LIQUIDS.....	4.702381 ozs
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED....	15.71429 ozs
002047 SALT,TABLE.....	0.1984524 oz
990047 BAKING SODA.....	0.4464286 oz
019335 SUGARS,GRANULATED.....	1 lb + 9.952381 ozs
002010 CINNAMON,GROUND.....	0.3967857 oz
002025 NUTMEG,GROUND.....	0.875 tsp
002011 CLOVES,GROUND.....	1.75 tsp
050358 APPLESAUCE, CANNED, UNSWEETENED, WITHOUT..	1 lb + 10.54762 ozs
009298 RAISINS,SEEDLESS.....	1.5 ozs
000049 VANILLA EXTRACT.....	1.75 tsp

Mash pinto beans in the big mixer bowl with the whip the day before and put in a plastic bin in the walk in overnight. This cn also be done the same day as you make the bars.

Step 2

Soak the raisins in hot water. Drain when you add to the batter mixture

Step 3

Mix margerine, eggs, pinto beans, sugar, applesauce, and vanilla in the big mixer. Slowly add the dry ingredients and raisins. Mix until well blended.

Step 4

Pan up in pans that have been brushed with pan coating. 7 pans

Step 5

Bake 20 minutes at 325. Rotate and if needed bake 10 - 12 minutes longer.

Step 6

Cut 6x10

Step 7

Ice with cheese cream frosting when cool.
You can also make this with refried beans instead of pinto beans.

*Nutrients are based upon 1 Portion Size (1 each)

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Calories	128	kcal	Cholesterol	33	mg	Protein	2.02	g	Calcium	*10.96*	mg	18.24%	Calories from Total Fat
Total Fat	2.59	g	Sodium	143	mg	Vitamin A	*26.4*	RE	Iron	*0.66*	mg	*4.81%*	Calories from Sat Fat
Sat Fat	*0.68*	g	Carbs	24.63	g	Vitamin A	*132.4*	IU	Water ¹	*1.95*	g	*0.56%*	Calories from Trans Fat
Trans Fat ¹	*0.08*	g	D. Fiber	*0.73*	g	Vitamin C	*0.3*	mg	Ash ¹	*0.22*	g	77.12%	Calories from Carbs
												6.33%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values													

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